Frequently Asked Questions:

Where do I go when I get sick, injured, or need a physical exam?  
Vibrant Health Family Clinic: 1687 East Division Street, River Falls.  
Call 715-425-6701 for an appointment

Where do I go when I need to talk to a Personal Counselor?  
UWRF Counseling Services: 211 Hagestad Hall  
Call 715-425-3884 for an appointment

Where can I go for contraception, safer sex supplies, and STD testing and treatment?  
Pierce County Reproductive Health: 1234 S Wasson Lane, Suite A.  
Call 715-425-8003 for an appointment

How do I get to the clinic or Reproductive Health?  
River Falls Taxi Services (free with Student ID).  
Call 715-425-7878

Where can I go for advocacy and resources for sexual assault and sexual violence?  
Campus Victim Advocate and Violence Prevention Coordinator  
211 Hagestad Hall. Call 715-425-3884

Where Do I Get Information about Health Insurance & Immunizations?  
Call 715-425-3293 or visit www.uwrf.edu/studenthealthandcounseling.
Counseling Services Utilization

### Student Health Services Utilization

#### Vibrant Health Family Clinic

<table>
<thead>
<tr>
<th>Year</th>
<th>Total number appointments</th>
<th>Average number of appointments per enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017/2018</td>
<td>3,472</td>
<td>0.54</td>
</tr>
<tr>
<td>2016/2017</td>
<td>3,856</td>
<td>0.59</td>
</tr>
<tr>
<td>2015/2016</td>
<td>3,977</td>
<td>0.59</td>
</tr>
<tr>
<td>2014/2015</td>
<td>3,018</td>
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</tr>
<tr>
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</tr>
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</tr>
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</tr>
<tr>
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</tr>
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</tr>
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</tbody>
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*Note: How numbers have been counted have varied from year to year, so are somewhat approximate.*

#### Pierce County Reproductive Health Services

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<tbody>
<tr>
<td>2017/2018</td>
<td>4,104</td>
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</tr>
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### Student Health Services Utilization

#### Vibrant Health Family Clinic

- **Total number appointments**: 3,472
- **Average number of appointments per enrollment**: 0.54
- **Percentage of total costs that are covered by insurance costs**: 72.93%
  - 72.93% of total visits partially or completely covered by SHS/SHS
  - 72.9% of SHS Visits not covered by Student Health Services
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*2016/2017 is latest available data for Vibrant Health Family Clinic.*

*2016/2017 884 provider visits and 226 medication visits (TTL 1,110) UWRF student visits at Pierce County Reproductive Health Services.*

*2017/2018 there were 1,357 provider visits (new visit added) and 327 medication visits (TTL 1,684) UWRF student visits at PCRHS.*

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**Student Health & Counseling Services**

- Provides access to clinical health and mental health services.
- Monitors the health and wellbeing of students, the campus, and the community.
- Identifies pertinent health and mental health concerns and issues.
- Addresses health and mental health issues through collaborative health programming, services, and policies.
- Provides consultation and resources on health and mental health related information and services.

**Student Health and Counseling Services are supported primarily by a portion of the segregated fees paid by students.**

Student Health and Counseling Services has also been able to secure grant funding from multiple sources annually since 2002 to help support health and mental health initiatives and efforts, totaling over $170,000 annually.

**Student Health and Counseling Services will be relocating from Hagested Hall as part of the renovation of Rodli Hall in the next two to three years, and so is working to prepare for this office relocation, as well as decomposing from Career Services.**

**Service Area Outcomes**

(Monitoring at least annually)

- Number of counseling appointments
- Number of counseling clients
- Average number of counseling session per client
- Reasons students come to Counseling Services
- Percentage of/number enrolled in Counseling Services
- Number of health services appointments
- Average number of health appointments per enrollment
- Percentage of services covered by Student Health Services
- Percentage of services seen in Counseling Services
- Average number of special services per enrollment
- Satisfaction data for Counseling Services and Student Health Services service providers

**Strategic Goals for Student Health and Counseling Services and Sexual Violence Prevention and Services**

For 2017/2018

1. Focus on prevention and wellness in promoting health and mental health, through increased collaboration and communication with the campus and community.
2. Target efforts at prevention and early intervention related to student mental health issues, including efforts to continue to engage faculty/staff, students, and the community.
3. Enhance awareness and education for the campus community regarding violence and how to intervene with a person in need (including alcohol, sexual assault, hazing, using non-inclusive language, and mental health concerns, etc.).
4. Continue to work with others on campus and in the community to promote physical activity and healthy eating, including food insecurity. Work on efforts to address community and campus food insecurity among the UWRF students, including enhancing relationships with local food producers and encouraging access to accurate information, raising awareness about food insecurity issues, and collecting data on UWRF student food insecurity.
5. Continue to work with others on campus and in the community to promote physical activity and healthy eating, including food insecurity. Work on efforts to address community and campus food insecurity among the UWRF students, including enhancing relationships with local food producers and encouraging access to accurate information, raising awareness about food insecurity issues, and collecting data on UWRF student food insecurity.
6. Encourage and promote healthy sleep among students.
7. Work collaboratively with others on campus and in the community to address issues related to drugs, such as prescription drugs/heroin and marijuana, etc. Likely the focus will be on marijuana with UW System training and legislation across the country and possibly federally.
8. Continue to expand/enhance our service delivery model in Counseling Services, such as continuing to tailor a triage/intake system, serving as a training center (providing counseling student internships/practicums), expanding our offerings of groups, etc., based on best practices and current resources.
9. Plan, implement, and evaluate theory- and evidence-informed sexual violence prevention strategies, policies, programs, and services to support student success, focusing primarily on transforming the campus environment and culture through population-level initiatives, including supporting the Violence Prevention Coordinator (VPC) and Campus Victim Advocates (through an agreement with Turningpoint), and continuing to facilitate the campus and community Sexual Assault Coalition.
10. Continue to work to meet the needs of diverse people and provide a safe and welcoming atmosphere that is sensitive to all persons, including supporting an environment through our services and offerings in which each person is respected, welcomed, and appreciated, where the diversity represented within the student population and campus community is valued and appreciated.
11. Educate students, families, and others on campus and in UW System about: (1) the importance of health insurance, and the limitations (limited network provider availability and high out-of-pocket costs such as high deductibles, co-pays, and co-insurances); (2) the importance of having access for students to affordable and accessible health and mental health/counseling services tailored to the unique needs of college students; and (3) the importance of having accessible and knowledgeable campus health and mental health professionals to provide proactive, preventive outreach, resources, offerings, policies, and consultation tailored to our campus and students.

**Student Health and Counseling Services Student Learning Outcomes**

Students will:

1. Take responsibility for their overall health and wellbeing, including having adequate health insurance, being able to appropriately access and utilize health and mental health services, etc.
2. Know when and how to go about accessing health and mental health care, how to find reputable health- and mental health-related services and resources, and how to use these services appropriately, responsibly, as well as preventively.
3. Make responsible health- and mental health-related choices based on accurate information, assessment of risk, and sense of self in relationship to one’s environment and situation.
4. Understand how to cope with stress and manage it in effective and proactive ways, including in the context of college and academic work.
5. Gain awareness for how to best manage the impact of health- and mental health-related issues that affect their academic, personal, and career success.
6. Recognize the relationship between biological, psychological, and sociological influences on their overall sense of health and wellbeing.
7. Learn positive adaptive living skills to promote lifelong personal, social, and community development.

**Student Health Services**

The mission of Student Health Services is to enhance students’ health by collaborating to provide basic health services, access to information and resources, advocacy for campus health policy, and programming so that students can successfully pursue their academic, personal, and professional endeavors. Many clinical health services commonly used by students are provided through Student Health Services for registered full-time and part-time students through contractual agreements with Vibrant Health Family Clinic in River Falls and Pierce County Reproductive Health Services. Students call directly to Vibrant Health Family Clinic in River Falls (715-425-6701) or Pierce County Reproductive Health Services (715-425-8003) to set up an appointment and bring their student ID and health insurance information. Rides to and from both locations are also covered by Student Health Services by calling the River Falls taxi service at 715-425-7878. Specific services covered are available on the Student Health Services web page. The UWRF Student Health Nurse/Assistant Director of Clinical Health Services provides nursing care, health information, counseling, Outreach and advocacy for students at Vibrant Health Family Clinic in River Falls and serves as a liaison between providers at the Clinic and the University.

**Student Health Nurse/Assistant Director of Clinical Health Services provides and regularly updates, a variety of education folders for providers to use for students, such as Wellness (information on healthy eating, physical activity, and sleep), Unplanned pregnancies (with information on all options), and Travel. She also spends a significant amount of time assisting international students, as well as domestic students, in navigating and serving as an advocate and liaison in utilizing health and mental health services, ensuring appropriate use of health insurance, educating and assisting students in the process of ensuring healthcare bills are paid, and assisting in arranging for recommended follow-up care.**

The Director of Student Health and Counseling Services continues to serve on the group that annually updates the UW System Student Student Health Insurance plan and works with other campuses to assure policies and practices are in place so that international students and students using no adequate health insurance coverage while here, and who are informed of the policy, can have it use it. In addition, the Director is serving on the UW System Campus Climate and Sexual Violence and Harassment Survey Working Group to provide input for a UW System Campus climate survey and the UW System campus climate survey and the UW System governance and administration for students, faculty and staff in the next year or two.
Student Health and Counseling Services Web Pages

The Student Health and Counseling Services web pages contain information on:

- Health and mental health services and how to access them
  - Where to go/what to do for emergencies/crisis situations (including suicide, medical emergencies, and sexual assault)
- Special medical or mental health needs
- Sexual/Intimate Violence Prevention and Advocacy
- Services available through the health segregated fee, and the Campus Victim Advocate, provided through an agreement with TurnUpPoint Victims of Domestic and Sexual Violence, housed in Student Health and Counseling Services.
- Area and online physical and mental health resources
- Coping with tragedy, trauma, and death
- Online mental health screening (UWRF has been using since 2006/2007 and for 2017/2018, 352 students (up from 218 in 2016/2017) went through online screening and tracking/utilization data. Students coming in for their first visit will be seen for a brief (20-30 minute) intake with a counselor who will:
  - Provide information about what to expect from the counseling process
  - Discuss the student’s presenting issues and concerns
- Develop a plan to best meet the student's needs, which may include:
  - Referral to a counselor on our staff for individual counseling
  - Referral to group counseling, such as Art Therapy group (in collaboration with faculty from the Art Department); Kind to Self Kind to Others group (focusses on building esteem, self-trust and strength, builds resilience, doing acts of kindness for self and others), Yoga group (each session includes education followed by poses for stress reduction and relaxation, and ends with final relaxation/meditation), and Relationship group (topics include different types of relationships, what defines a healthy and unhealthy relationship, how to cope with a variety of relationships, how to learn better communication within relationships, and how to process both healthy and unhealthy connections).
- Referral to a mental health counselor or service off campus
- Information and referral to other campus services
- Referral to a health care provider

Counseling Services

The mission of Counseling Services is to provide professional mental health counseling and consultation services for our campus community that:

- Incorporates a brief therapeutic model to address the emotional and behavioral needs of our students.
- Creates developmentally-oriented therapy aimed at increasing healthy lifestyle and coping behaviors across campus.
- Provides leadership and advocacy for university mental health policy and initiatives.

Counseling Services provides confidential one-on-one and group counseling for students to help students work through a wide variety of issues that they might be facing during their college years. Counseling Services incorporates a brief therapeutic model with an emphasis on developmentally-oriented therapy directed at helping students succeed in their university environment. When specialized or longer term services are needed, Counseling Services can assist in making referrals to off-campus professionals. Students who wish to make an appointment can either stop in to the Counseling Services office or call and make an appointment.

Counseling Services has instituted a number of practices to help resources go farther and to serve students in better, more timely ways:

- We have instituted an intake system whereby students are seen in a much more timely way, often within a day or two.
- We offer group counseling, which is a very effective method for therapy for many students.
- We serve as a training site for graduate counselor students, who are closely supervised by Counseling Services therapists.
- Having counseling casework is a value-added service for UW-River Falls students. We had two successful interns in 2017/2018 and we are in our seventh year of UWRF serving as a site.
- We utilize a counseling services management system, Titanium, which includes an electronic confidential intake/assessment system, client records, appointment calendar, and tracking/utilization data.

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  - Referral to a mental health counselor or service off campus
  - Information and referral to other campus services
  - Referral to a health care provider

The Counseling Services Assistant Director provides clinical supervision of counseling staff and also serves as the Intake Coordinator.

The Counseling Services Training/Outreach Coordinator serves as Advisor for Active Minds, a student organization whose mission is to empower students to change the perception about mental health on campus and encourage them to seek help. The Counseling Services Training/Outreach Coordinator works closely with the Counseling Services Training/Outreach Coordinator to plan and implement programs that promote mental health and provide information about how to access mental health services. The Counseling Services Training/Outreach Coordinator is responsible for developing and implementing programs that promote mental health and provide information about how to access mental health services. The Counseling Services Training/Outreach Coordinator is also responsible for developing and implementing programs that promote mental health and provide information about how to access mental health services. The Counseling Services Training/Outreach Coordinator is responsible for developing and implementing programs that promote mental health and provide information about how to access mental health services.

Marketing and Outreach

Student Health and Counseling Services develops and implements a marketing plan, and updates annually. The marketing plan consists of events, social media, poster stands, University Center information tables and posters/Rafles, residence hall announcements, e-mail, text messages, campus and community websites, as well as student events, such as the Fall Concert and Spring De-Stress Fest.

- Annual campus influenza shutdown clinic for students and faculty/staff
- Bi-weekly information tables in the University Center with information about health and wellness resources on campus and in the community, as well as a variety of health and wellness resources
- Organize and facilitate a Health Day annually for the River Falls Chamber of Commerce Leadership River Falls program
- Provide information on information, services, and resources on multiple health and mental health issues through a variety of channels

Sexual/Intimate Partner Violence Prevention and Advocacy

The new Violence Prevention Coordinator (VPC), a new position through a competitive grant from the Student Senate and funded through the health segregated fee, and the Campus Victim Advocate (CVA), through an agreement with TurnUpPoint Victims of Domestic and Sexual Violence, are housed in Student Health and Counseling Services. The VPC’s role is to plan, implement, and evaluate theory- and evidence-informed sexual and intimate partner violence, sexual harassment and gender-based violence, and stalking (sexual/ intimate partner violence) prevention strategies, programs, policies, and services to support student success. The CVA’s role is to provide advocacy as well as direct outreach/prevention services to students, faculty/staff, and community members. The CVA is also someone with whom victims can discuss options before deciding what a victim’s next step should be.
Step Up/Bystander intervention

Student Health and Counseling Services worked with the Survey Research Center to conduct a Step Up bystander intervention survey (used with permission from the University of Arizona) in 2010 and again in 2013 and 2016 administered to break-up students, all student athletes, and a random sample of the general student body. The survey has items related to experiences and attitudes of students with regard to bystander intervention practices in four situations where the personal safety of another person is at risk: (1) Someone has had too much to drink, (2) Hazing, (3) Someone being taken advantage of sexually, (4) Verbal mistreatment/harassment based on gender, race, class, sexual orientation, ethnicity. Someone experiencing significant emotional distress or thoughts of suicide. Data revealed:

- Since 2010, students have grown significantly more bothered by witnessing drunkenness, at risk for sexual assault, and verbal mistreatment/non-inclusive language.
- 90% of students strongly agreed or agreed that they have a responsibility to intervene when they witness a problematic situation. This is up from 84% in 2010 and 88% in 2013.
- Although the percentages are coming down, the biggest barrier for most situations in not intervening continues to be “I didn’t know how to intervene.”
- In 2016, 95% of students said either an “extreme amount,” or “very much” should be done to address emotional distress, compared to 92% in 2013.
- In 2016, 58% of students said they would likely intervene to stop verbal abuse compared to 56% in 2013 and 49% in 2010.

Campus and Community Collaborations

In efforts to connect with other on campus and in the community to better serve students, Student Health and Counseling Services staff have organized and chaired the following campus and community groups:

- University Advisory Council on Health and Wellness works to collaboratively address health and wellness issues that affect students and faculty/staff.
- UWRF Academic Staff Council
- UWRF Behavior Intervention Team
- UWRF Leadership Assembly
- UWRF Student Affairs Leadership Team
- UWRF Student Affairs Assessment Team
- UWRF Bias Education Response Team
- UWRF Life Residence Accommodations Committee
- UWRF Search Committee

The working groups met on ATOD, sexual assault, physical activity, and nutrition/food insecurity throughout the year.

- The Physical Activity Working Group worked on providing trained physical activity professionals on campus at the Fitness Center which is occurring in fall of 2018. The Group also worked on updating the Guide to Staying Fit in River Falls. Wellness assessments continued to be offered twice a year through Human Resources.
- The Nutrition/Food Insecurity Working Group worked on food insecurity issues for UWRF students, including working with the local food pantry, which is very close to campus, to help make the food pantry more useful and inviting for UWRF students, and then marketing to campus about myths related to food insecurity and college students, about the availability of the food pantry for UWRF students to use, and about how student organizations doing food pantry drives can work to collect items that are particularly useful and helpful for students. In addition, we added two food insecurity questions to the NCHA for the spring 2018 UWRF student NCHA administration.

Results:

- In the last 3 months:
  - I was worried whether my food would run out before I got money to buy more: 79.1%
  - Often or sometimes true: 3.5% + 17.5% = 21%
  - Never true: 79.1%

- The food I bought just didn’t last, and I didn’t have money to get more:
  - Often or sometimes true: 2.6% + 12.8% = 15.4%
  - Never true: 84.7%

- The Chancellor’s Advisory Council on Alcohol, Tobacco, and Other Drugs continued to monitor and advocate for ordinances and legislation that support minimizing the harmful effects of alcohol, tobacco, and other drugs. This has occurred in conjunction with the community Healthier Together Alcohol Abuse Action Team. The focus is on possible ordinances related to alcohol licensing, over-serving and public intoxication.

The Sexual Assault Coalition supported the Student Senate’s advocacy to hire a Violence Prevention Coordinator, which was done in November, and helped support this new role. The group also supported the Student Senate’s It’s On Us efforts, and had two posters on consent on campus. In addition, the group supported the release of the “Joint Statement on University Stance against Sexual Assault and Harassment from UW-River Falls Chancellor and Student Government Association.”

- Pierce/Saint Croix Counties Share Group: group of area providers of health/mental health related services, who meet quarterly for the mission of networking, sharing information, and to establish goals.

In addition, Student Health and Counseling Services staff have participated in or served on multiple campus and community groups including:

- UWRF Academic Staff Council
- UWRF Behavior Intervention Team
- UWRF Leadership Assembly
- UWRF Student Affairs Leadership Team
- UWRF Student Affairs Assessment Team
- UWRF Bias Education Response Team
- UWRF Life Residence Accommodations Committee
- Multiple UWRF Search Committees
- Twin Cities Health Directors
- River Falls School District Crisis Response Team
- Pierce County Partnership for Youth
- Western Wisconsin Working for Tobacco-Free Living (W3TFL)
- River Falls Chamber of Commerce Leadership River Falls Program
- Pierce and Saint Croix Counties Medical Reserve Corp.
- River Falls Area Hospital Community Engagement Committee
- Healthier Together Pierce and St. Croix counties along with Hudson Hospital and the River Falls Area Allina Hospital
- Meetings with providers and staff at the Vibrate Health Family Clinic, Pierce County Reproductive Health Services, and local mental health providers to learn about services to enhance facilitation of referrals

Inclusivity/Diversity/Interculturality

Student Health and Counseling Services Diversity Statement: The staff of UWRF Student Health and Counseling Services supports an environment in which everyone is respected, welcomed, and appreciated. We value the diversity represented within the student and campus population, and respect and appreciate the unique history of each person. We are committed to meeting the needs of diverse populations and providing a safe and welcoming atmosphere that is sensitive to all persons.

We continually work to demonstrate these values and principles in our daily lives. Here are a few examples of this effort:

- Bring in speakers/encourage events that promote inclusion and understanding around diversity topics, including identity-based Student Organization programming.
- Promote and embrace new policy changes that help minimize barriers and make access to services more accessible and welcoming for underrepresented groups.
- Involve our campus relationships with UWRF’s Ability Services and the Center of Diversity, Inclusion, and Belonging.
- Serve on the Residence Life Accommodations Committee.
Suicide Prevention Efforts at UW-River Falls

Based on this model, specific examples of suicide prevention efforts at UW-River Falls:

- Identify Students At-Risk, in Need of Assistance
  - Eg. Collaborative working relationships and regular meetings with campus departments such as Residence Life to monitor and intervene early with students of concern.
- Establish and Follow Coordinated Crisis Management
  - Eg. Behavior Intervention Team
- Encourage and Increase Help-Seeking Behaviors and Reduce Stigma
  - Eg. Dan’s Bandana
- Provide Appropriate and Responsive Mental and Physical Health Services
  - Eg. Counseling Services and Student Health Services
- Restrict Access to Potentially Lethal Means of Harm to Self or Others
  - Eg. Weapons are not allowed in our buildings on campus
- Encourage and Promote Life Skills and Resilience
  - Eg. Wellness Initiatives
- Creating and Maintaining a Caring Campus Environment
  - Eg. Tobacco and Alcohol Policies/ Efforts, Bystander Intervention/Step Up
- Reaching Out to Students at Risk
  - Eg. Communication with family members

Public Health

Student Health and Counseling Services works with others on campus and the community to assure conditions for the campus to be a healthy environment for persons to learn and work. We do this through monitoring and assessing the health and mental health needs and issues of our campus members. We provide education and information for students and the campus community and advocate for policies and processes that promote health, and serve as a resource and a consultant on health and mental health issues that impact our students and campus. We work to provide services and access to appropriate, effective, quality resources and services that enable the campus community to be mentally and physically healthy.

FOR CAMPUS PROFESSIONALS

COMPREHENSIVE APPROACH

- Identifying and working on making our sexual choices kits more inclusive for all persons.
- Working on making our sexual choices kits more inclusive for underserved populations.
- Policies:
  - Student Health and Counseling Services has and continues to work with others on campus to advocate for policies to positively impact the health and mental health of students and campus. Examples include the Health Insurance Requirement for International Students Policy to assure international students and scholars and their families have adequate health insurance, and the Advertising, Sponsorship, and Promotions of Alcohol and Tobacco Products on Campus, which prohibits alcohol or tobacco advertising in official university print or online publications and media or sponsorship of campus events, including updated language to this policy this academic year. In addition, UW-River Falls became a tobacco-free campus in 2013, and Student Health and Counseling Services and the Chancellor’s Advisory Council on Alcohol, Tobacco, and Other Drugs will help determine applicability of the policy and answer policy-related questions.

Other Efforts:

- Student Health and Counseling Services continues to serve as a site, including providing supervision, for a public health practicum for UW-Eau Claire nursing students. These students have worked on projects such as signage and bystander training for our Campus Mass Clinic, promoting sleep awareness among UWRF students, educating UWRF students about services available through Student Health Services, and promoting mental health and physical activity among UWRF students.

Impact of Health/Mental Health on Academics - NCHA

Top issues negatively affecting academics for UWRF students

- Physical traumas and GPA - the more traumas (such as an assault, non-consensual sex, being threatened, etc.) a student has experienced in the last 12 months, the lower their GPA.
- Absolutive relationships and GPA - there is a highly significant negative relationship between the number of absolutive relationships (emotionally, physically, or sexually) experienced and GPA.
- Tobacco use and GPA - there is a highly statistically significant negative correlation between tobacco use and GPA. There is also a highly statistically significant negative relationship between e-cigarette use and GPA.
- Alcohol use and GPA - there is a significant negative correlation between the number of alcoholic drinks consumed at the last party and the student’s GPA.
- - The negative correlation between the number of binge-drinking episodes (five or more drinks at a sitting) and GPA is highly significant. Nearly 3/4 of UWRF students did not binge drink in the prior two weeks.
- - Marijuana and GPA - There is a statistically significant negative correlation between smoking marijuana and GPA. Mental health and disabilities - Students diagnosed with depression or ADHD had significantly lower GPAs than those who had not.
- - Stress - There is a significant negative relationship between GPA and stress levels.
- - Sleep and GPA - The correlation between days of adequate sleep and GPA is positive and highly statistically significant, whereas feeling sleepy during the day correlates very significantly with declining GPA.
- - Electronics and GPA - There is a highly significant negative correlation between time spent on electronic devices for leisure and average GPA.
- - Ethnic minority students, students with disabilities, and LGBTQ students are disproportionately negatively impacted by many health and mental health issues.
- - Depression - students with a disability (55%) and LGBTQ students (58%) felt so depressed that it was difficult to function in the last 12 months compared to 32% of all students.
- - Anxiety - students with a disability (70%) and LGBTQ students (75%) felt overwhelming anxiety in the last 12 months compared to 57% of all students.
- - Suicide - 22% of LGBTQ students seriously considered suicide in the last 30 days compared to 10% of all students and 25% of LGBTQ students self-injured in the last 12 months compared to 8% of all students.
- - Cigarette use - students with a disability reported a 7% daily smoking rate compared to 3% of all students. 18% of students with a disability (70%) and LGBTQ students (75%) felt overwhelming anxiety in the last 12 months compared to 57% of all students.

UWRF 2018 UWRF 2015

<table>
<thead>
<tr>
<th>Issue</th>
<th>UWRF 2018</th>
<th>UWRF 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>19.0%</td>
<td>17.9%</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>24.0%</td>
<td>23.4%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>20.7%</td>
<td>21.0%</td>
</tr>
<tr>
<td>Work</td>
<td>12.4%</td>
<td>12.7%</td>
</tr>
<tr>
<td>Cold/flo/sore throat</td>
<td>12.7%</td>
<td>14.0%</td>
</tr>
<tr>
<td>Depression</td>
<td>15.5%</td>
<td>16.6%</td>
</tr>
<tr>
<td>Concern for Friend/Family</td>
<td>12.4%</td>
<td>12.4%</td>
</tr>
<tr>
<td>Internet/computers</td>
<td>12.5%</td>
<td>11.7%</td>
</tr>
<tr>
<td>Relationships</td>
<td>12.0%</td>
<td>12.3%</td>
</tr>
</tbody>
</table>

UWS and National data is from spring of 2015 as new reports were not yet available.
Assessment and Evaluation Plan
and Efforts

Student Health and Counseling Services monitors the health and mental health of our students, campus, and community, identifies issues and concerns that impact our students and campus, and uses this assessment and evaluation data and information to tailor and improve our services, programming, and policies. Below is information and data on these assessment and evaluation efforts, and how we have used this data and information to inform improvements and efforts in our area.

- **American College Health Association National College Health Assessment**
  - American College Health Association National College Health Assessment (NCHA) is administered every three years to UW-River Falls students, including in Spring 2015 and 2018, which were both part of a UW System campus consortium administration. The Spring 2018 UW System consortium and national reference group reports have not yet been released. Student Health and Counseling Services post on our web page and share in multiple ways and to multiple groups the highlights of our NCHA data. We have also worked with the Survey Research Center on additional analysis such as impact of health and mental health issues on GPA and health and mental health issues among underrepresented groups.

- **The Step Up Bystander Intervention Survey**
  - The Step Up bystander intervention survey has been administered through Student Health and Counseling Services in 2010, 2013, and 2016 to all Greeks, all athletes, and a random sample of the general student body. See under the Step Up/Bystander intervention section for more information on this survey and data.

- **Employee Wellness Surveys**
  - Employee wellness surveys have been administered through Student Health and Counseling Services in 2007 and 2015. Data has been shared in multiple ways, including with the Health and Wellness Council, and used to guide efforts such as physical activity.

- **Student Affairs Student Employment Survey**
  - Along with other departments in Student Affairs, Student Health and Counseling Services has for the last several years administered a Student Affairs Student Employment Survey, and have used the data to help make student employment in Student Affairs more meaningful and applicable.

- **The Counseling Satisfaction and Outcomes Survey**
  - The Counseling Satisfaction and Outcomes Survey is administered each semester to Counseling Services clients in coordination with the UW System Counseling Services Impact Committee. In addition, Counseling Services participates annually in collaboration with the Center for Collegiate Mental Health (CCMH), which is a multi-disciplinary, member-driven, research center focused on providing accurate and up-to-date information about the mental health of today’s college students in order to serve the needs of mental health professionals, administrators, researchers, and the public. The long-term vision for CCMH is to develop a national infrastructure of aggregate, de-identified, anonymous data from participating counseling centers for the purposes of improving services, identifying trends, and influencing policy decisions.

### Meditation on Campus

In an effort to support the holistic wellness of the university community, a Meditation Room was created in 2013 in response to requests from students. It provides a quiet and peaceful open place of peace and sanctuary while learning and working.

Located in 162 Hagestad Hall, the Meditation Room is open daily Monday-Friday from 8 a.m. to 4:30 p.m. This space is designed for reflection, meditation, or silent prayer. It is our hope that the meditation room will be a space for quiet prayer, reflection, and meditation. Scientific evidence indicates that there are significant physiological, mental, and cognitive benefits to meditation.

### UW-River Falls Student 30 Day Smoking Rates Declining Over Time

- **2000 Spring NCHA:**
  - 24.1% say they have used cigarettes in the last 30 days.
- **2002 Spring Core Added Question:**
  - 22.6% said they’d smoked one day or more in the last 30 days.
- **2002 Fall Campus Tobacco Survey:**
  - 22% say they have smoked in the past month.
- **2003 Spring NCHA:**
  - 19.2% say they have used cigarettes in the last 30 days.
- **2003 Fall Campus Tobacco Survey:**
  - 22% say they have smoked in the past month.
- **2005 Spring UW System AODA Use Survey:**
  - 20% say they have smoked over the past 30 days.
- **2006 Spring NCHA:**
  - 14.9% say they have used cigarettes in the last 30 days (3.9% Daily).
- **2007 Spring UW System AODA Use Survey:**
  - 19% say they have smoked over the past 30 days.
- **2009 Spring NCHA:**
  - 17.7% say they have used cigarettes in the last 30 days (6% Daily).

### Smoking Rates Declining Over Time

<table>
<thead>
<tr>
<th>Year</th>
<th>Daily Reporting Marijuana Use (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>7.1</td>
</tr>
<tr>
<td>2003</td>
<td>9.8</td>
</tr>
<tr>
<td>2006</td>
<td>17.7%</td>
</tr>
<tr>
<td>2009</td>
<td>30 Day Reporting Marijuana Use (%)</td>
</tr>
<tr>
<td>2012</td>
<td>7.6</td>
</tr>
<tr>
<td>2015</td>
<td>4.2</td>
</tr>
<tr>
<td>2018</td>
<td>0.2</td>
</tr>
</tbody>
</table>

### Marijuana - NCHA

**30 Day Reported Marijuana Use (includes daily)**

- **2000:** 7.1%
- **2003:** 9.8%
- **2006:** 17.7%
- **2009:** 30.6%
- **2012:** 7.6%
- **2015:** 4.2%
- **2018:** 0.2%

**Daily Use Marijuana**

- **2000:** 0.2%
- **2003:** 0.6%
- **2006:** 0.3%
- **2009:** 1.6%
- **2012:** 1.4%
- **2015:** 1.5%
- **2018:** 1.5%

### Added Questions UWRF NCHA Spring 2018:

- **Marijuana use lower than UWS and National**
  - Use of marijuana among college students negatively impacts their academic performance:
    - Strongly agree or somewhat agree: 26.2% + 37.5% = 63.7%
    - Somewhat disagree or strongly disagree: 26.2% + 10% = 36.2%

- **Marijuana use has a negative effect on cognition and mental processing, particularly the earlier of onset of use:**
  - Strongly agree or somewhat agree: 33.2% + 35.7% = 68.9%
  - Somewhat disagree or strongly disagree: 23.3% + 7.8% = 31.1%

- **Driving under the influence of marijuana is associated with impaired driving, increase in motor vehicle accident deaths, and is illegal in many states:**
  - Strongly agree or somewhat agree: 59.1% + 29.4% = 88.5%
  - Somewhat disagree or strongly disagree: 7.8% + 3.7% = 11.6%
Student Health and Counseling Services Knowledge of and Satisfaction with Services
National College Health Assessment Added Questions UW-River Falls 2012 (most recent data available)
1. 79.4% of UW-River Falls student respondents said yes to: If you were to get sick or injured and needed to see a doctor during the semester, would you know where and how to make an appointment for clinical health services?
2. 66.6% of UW-River Falls student respondents said yes to: If you wanted to receive mental health services, such as talking to a personal counselor, would you know where to go or how to make an appointment for counseling services?

Student Health and Counseling Services Satisfaction Data
- From the 2017/2018 UW System Client Information Form and learning Outcomes and Satisfaction Survey:
  - 100% for 2017/2018 of UW-River Falls Counseling Services clients who responded to the survey said they “would return to the counseling center again.”
  - 97.3% in 2017/2018 said they “would recommend counseling services to a friend.”
  - 97.3% in 2017/2018 agreed or strongly agreed that “It is important for me to have counseling services located on campus.”
  - 100% in 2017/2018 would describe Counseling Services as “great/excellent.”
  - 59.4% in 2017/2018 agreed or strongly agreed that “Counseling has helped my academic performance and has helped me stay in school.”

UW-River Falls Student Anxiety Rates
agnetic Depression and/or Treated by a Professional for Anxiety?
- NCHA Spring 2012: 16% said they have used cigarettes in the last 30 days
- UW System AODA Use Survey Spring 2011: 15% said they have used cigarettes in the last 30 days
- UW System Core Spring 2002: 10% said they have used cigarettes in the last 30 days

Student Health and Counseling Services
Counseling Services: 715-425-3884, 211 Hagestad Hall (M-F, 8 a.m.-4:30 p.m.)

5 Steps to Help a Distressed Student
1. Express Concern/Validate:
   - “I hope you come to me. What is going on? Things will get better. Let’s work together to figure this out.”
2. Be Direct (It shows you care enough to go there):
   - “Have you had any thoughts about suicide? Do you have a plan?”
3. A Commitment to Live:
   - “What is your plan for the next few days? Let’s write down a few names of people you could call if you start to feel really overwhelmed or sad again.”
4. Increase Support Network:
   - “I am a support for you but I want you to know that I believe counseling can actually help you. I know other students who have been helped by it.”
5. Don’t Dismiss: “You don’t mean that.”
   - Invalidate: “You just need a good night sleep.”
   - Do Consult: Tell us what you are seeing (don’t worry alone), ask for support when you are unsure what to do.
• Pierce County Reproductive Health Services now offers later hours for appointments when nurses are available and mail birth control to clients, which were in comments on “How we can serve you better” in the satisfaction survey results.

• Vibrant Health Family Clinic now offers expanded weekend urgent walk-in care hours, based on student input, we and we marketed these expanded hours to UWRF students in multiple ways, including yard signs across campus.

• Added certain lab services that we cover for UWRF students through our contract with Vibrant Health Family Clinic, based on provider and student feedback.

• Increased the hours for the Student Health Nurse, so that she can spend more time at Vibrant Health Family Clinic serving our students, based on our external review recommendations and student and provider feedback.

• Began efforts this past academic year in collaboration with campus and community partners, to work on food insecurity issues for UWRF students, including working with the local food pantry, which is very close to campus, to help make the food pantry more useful and inviting for UWRF students; but also on marketing to campus about myths related to food insecurity and college students, about the availability of the food pantry for UWRF students to use, and about how student organizations doing food pantry drives can work to collect items that are particularly useful and helpful for students. In addition, we added 2 food insecurity questions to the NCHA for the spring 2018 UWRF student administration.

• Worked with Recreation and Facilities to provide and market marked campus walking routes, to provide access to a personal trainer to students and employees at the Falcon Center; to market physical activity opportunities for students and employees on campus and in the community; provide wellness screening opportunities for faculty and staff supported through Human Resources, and to provide discounted membership fees for employees at the new Falcon Center through employee health insurance, based on student NCHA data and faculty/staff walksite wellness survey data showing insufficient physical activity levels.

• Shared Bystander Intervention/Step Up data from UWRF students in a variety of ways to show how our students are stepping up, but also to help educate students about safe and effective ways to step in and assist others as needed to promote a healthy and safe campus.

• Shared NCHA sleep data and ways to promote healthy sleep through multiple means such as Summer Registration and by distributing “sleep kits” with healthy sleep tips and items to help promote healthy sleep (sleep masks, ear plugs, herbal tea, lavender lotion, etc.)

• Provided input into letters that go to all new students and parents from the Assistant Chancellor for Student Affairs about alcohol, sexual violence, and prescription drug misuse, including NCHA survey data and information about how to have a safe and healthy experience at UWRF. We will be adding NCHA data and information about services and resources related to anxiety and other mental health issues this fall.

• Made multiple changes, and have a plan for additional efforts, to be more inclusive, including for example adding clinical health services that are more inclusive for GLBTQ+ students and to include preferred names and pronouns in our Counseling Services in Titanium, and have been through multiple trainings for our staff about how to be more inclusive and intercultural in our services and offerings, including for example bring Dr. Alex Hall to speak to Student Affairs staff and providers at Vibrant Health Family Clinic about trans students and trans health, based on student feedback and the NCHA underrepresented group data.

Emergency Preparedness

Student Health and Counseling Services has worked with others on campus and in the community to develop a Campus Pandemic Influenza Plan, a Continuity of Operations Plan for Student Health and Counseling Services, and has developed a plan for a closed point of distribution Appendix to the Pierce County Mass Clinic Plan (updated for the primary site to be the Falcon Center, back-up site University Center), to provide antibiotic prophylaxis or vaccinations to university staff/faculty, their families, and the student body, spouses and their dependents within 48 hours of a confirmed public health incident while minimizing transmission, reducing morbidity, mortality and social disruption.

Student Health Services regularly monitors infectious diseases and other potential public health threats that may impact our campus, students, and faculty/staff and works with others on campus and in the community to monitor and follow recommended local, state, and federal guidelines.

Student Health and Counseling Services Staff

Alice Reilly-Myklebust RN, PhD
Director

Jennifer Elesser MS, LPC
Assistant Director of Counseling Services

Mark Hutttemier MA, LPC, LP (MN)
Training/Outreach Coordinator

Kaleah Bautch MS, LPC, BCC, NETA-CPT, CT,
Personal Counselor

Jennifer Herink MS, LPC, CSAC
Personal Counselor

Samantha Stubbie MS, LPC
Personal Counselor

Lori Otto RN, MA, CHES
Student Health Nurse/Assistant Director of Clinical Health Services

Keven Syverson PhD, MPH
Health Education Coordinator/Assistant Director of Health Promotion

Chantal Mitchell BSW
Violence Prevention Coordinator

Katie Ryan BSW
Campus Victim Advocate through Turningpoint

Sue Watters Office Manager

UW-River Falls Student Health and Counseling Services
410 S. 3rd St.
River Falls, WI 54022
Phone: 715-425-3573
Fax: 715-425-3575
http://www.uwrf.edu/studenthealthandcounseling/
Frequently Asked Questions:

Where do I go when I get sick, injured, or need a physical exam?
Vibrant Health Family Clinic: 1687 East Division Street, River Falls.
Call 715-425-6701 for an appointment

Where do I go when I need to talk to a Personal Counselor?
UWRF Counseling Services: 211 Hagestad Hall
Call 715-425-3884 for an appointment

Where can I go for contraception, safer sex supplies, and STD testing and treatment?
Pierce County Reproductive Health: 1234 S Wasson Lane, Suite A.
Call 715-425-8003 for an appointment

How do I get to the clinic or Reproductive Health?
River Falls Taxi Services (free with Student ID).
Call 715-425-7878

Where can I go for advocacy and resources for sexual assault and sexual violence?
Campus Victim Advocate and Violence Prevention Coordinator
211 Hagestad Hall. Call 715-425-3884

Where Do I Get Information about Health Insurance & Immunizations?
Call 715-425-3293 or visit www.uwrf.edu/studenthealthandcounseling.